

Some of Your Neighbors Need Your Help

You probably don't even know these neighbors. Most of them are old. Most are on very limited income. Most are physically or mentally unable to prepare their own meals. One is bedfast. Another is blind, and all alone in her home. One is an adult with the mental age of a child. Another can't remember what day it is.

But they all have one thing in common: Cumberland County Meals on Wheels is reaching out to them by providing each of them with a hot, nutritionally balanced meal three times a week. Every Monday, Wednesday, and Friday, volunteer drivers fan out across the county with two insulated bags – one for hot food and another for cold things. Meals on Wheels is now helping more than 30 of your unfortunate neighbors.

We began last October with an initial grant of \$15,000. Occasional contributions, yard sales, and an auction are helping us keep our head above water, but each month our bank balance grows smaller. Each meal costs \$3.25 to prepare, and to that must be added the cost of the meal delivery containers, the insulated bags, office supplies, and other usual operating expenses.

Meals on Wheels would like to be able to provide a meal five days a week, but our resources can't be stretched that far. We won't even be able to continue with three meals a week without additional help. And as we qualify additional people who are nearly helpless and lacking proper nutrition, our expenses will grow.. We calculate that there will eventually be 50 or more who need our help. If we provide 50 people with five meals a week, we'll be delivering 250 meals a week. The cost of the meals *alone* would be over \$800.00 a week, or more than \$42,000 a year.

We can't raise that kind of money without help—your help. We've begun a membership campaign, and we're asking you to join Meals on Wheels and help us help others. Your support, however much it may be, will help those who can't help themselves. The membership form provides the details.

We hope you will be as generous as you can and share your blessings with those whose lives have not been so blessed.

When I was hungry you fed me.